



Grilled Swordfish Kabobs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 bay leaves
- ☐ 0.3 cup bread crumbs dry
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 4.5 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 1.5 pounds swordfish steaks cut into 1-inch cubes

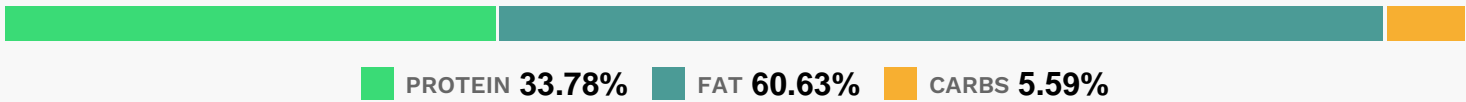
Equipment

- ☐ grill
- ☐ broiler
- ☐ skewers

Directions

- ☐ Light the grill or heat the broiler. Thread the fish cubes alternately with the bay leaves onto four large skewers.
- ☐ Put the kabobs on a plate and brush them all over with 3 tablespoons of the oil.
- ☐ On a large plate, combine the bread crumbs, parsley, salt, and pepper. Holding the kabobs over the plate, pat the crumbs onto the exposed sides of the fish.
- ☐ Drizzle with the oil left on the first plate and sprinkle with any crumbs that didn't stick.
- ☐ Grill the kabobs over low to moderately low heat or broil them, brushing with the remaining 1 1/2 tablespoons oil, until the bread crumbs are golden and the fish is just done, 8 to 10 minutes.
- ☐ Wine Recommendation: A medium-bodied pinot noir from Oregon or California or a Bourgogne Rouge from France, will be ideal with swordfish.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:26.181304288947%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 414.53kcal (20.73%), Fat: 27.51g (42.32%), Saturated Fat: 5g (31.27%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.08g (1.85%), Sugar: 0.44g (0.49%), Cholesterol: 112.26mg (37.42%), Sodium: 624.87mg (27.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.97%), Vitamin D: 23.64µg (157.62%), Selenium: 99.37µg (141.96%), Vitamin B3: 13.69mg (68.46%), Vitamin B12: 2.92µg (48.59%), Vitamin B6: 0.95mg (47.37%),

Phosphorus: 447.29mg (44.73%), Vitamin K: 43.31µg (41.24%), Vitamin E: 5.73mg (38.18%), Potassium: 742.85mg (21.22%), Magnesium: 54.57mg (13.64%), Vitamin B1: 0.19mg (12.99%), Manganese: 0.18mg (8.91%), Iron: 1.54mg (8.53%), Zinc: 1.27mg (8.49%), Vitamin A: 420.35IU (8.41%), Vitamin B2: 0.12mg (7.23%), Vitamin B5: 0.64mg (6.44%), Copper: 0.09mg (4.67%), Folate: 15.06µg (3.76%), Vitamin C: 3.01mg (3.65%), Calcium: 31.41mg (3.14%), Fiber: 0.63g (2.52%)